

March 18, 2022

## FLORIDA DEPARTMENT OF HEALTH IN BAY COUNTY ENCOURAGES PEOPLE TO KNOW THEIR RISK FOR DIABETES



*Florida Department of Health in Bay County is providing free diabetes risk screenings in recognition of American Diabetes Association Diabetes Alert Day*

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**Panama City, Fla. —** The Florida Department of Health in Bay County's (DOH-Bay) Diabetes Services Program is encouraging participation in the American Diabetes Association Alert Day on Tuesday, March 22, 2022. An estimated 84 million Americans have prediabetes, and one quarter of the 30 million Americans living with diabetes do not know they have it. Prediabetes can lead to Type 2 diabetes, but unlike Type 2 diabetes, prediabetes can be reversed with healthy lifestyle changes. Most people with prediabetes have no idea that they are at risk.

"Being proactive in maintaining a healthy lifestyle supported by diet, physical activity, and weight management are key to the prevention of developing diabetes", said Sandon S. Speedling, MHS, CPM, CPH, Administrator and Health Officer, Florida Department of Health in Bay County. "I encourage anyone who may have risk factors associated with diabetes to contact our Diabetes Services Program to see how we can be of assistance".

DOH-Bay will be offering FREE risk screening, blood sugar checks, and educational materials on Tuesday, March 22, 2022, from noon until 3:00 p.m. outside our clinic at 597 West 11<sup>th</sup> Street, Panama City. This is a walkup service, and no appointment is needed.

DOH-Bay Diabetes Services Program also offers free diabetes screenings Monday through Friday from 8:00 a.m. until 4:30 p.m. Participation in the Diabetes Prevention Program (DPP) may be covered by insurance. Potential patients can get a referral from their physician or call the Diabetes Services Program at (850) 252-9656.

Please visit <https://bay.floridahealth.gov/programs-and-services/wellness-programs/diabetes-services/index.html> for more information about DOH-Bay's Diabetes Service Program.

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The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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